



# Prospects for the development of the vfsk GTO, taking into account the monitoring data of test results

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## Abstract

**Objective of the study** was to determine the prospects for the development of the VFSK GTO, taking into account the results of monitoring the implementation of the complex in 2018-2021 on the territory of the Russian Federation.

**Methods and structure of the study.** In the course of scientific work, sources containing information on organizational and managerial, personnel, material and technical activities, physical activity of the population of the Russian Federation were studied during the implementation of the GTO complex, including the number of those who blunted and completed the tests of the complex, the level of physical fitness of the population of the Russian Federation on based on testing physical qualities and applied skills in the population from 6 to 70 years and older.

**Results and conclusions.** It has been established that the results of monitoring the implementation of the GTO complex for 2018-2021 show a positive trend in the number of people who started (24.2%) and completed the tests (34.9%), with the exception of 2020, in which there is a decline in all indicators. A two-fold increase in the number of those who completed the tests for insignia in 2021 was revealed, an increase in the number of children aged 6-12 years who completed the tests of the complex was recorded up to 15%, with a clear predominance of adolescents aged 16-17 years (34%) and a steady decrease in the number of adults as aging (up to 3.4% in stage XI). Analysis of the results of organizational and managerial activities for the preparation and evaluation of compliance with the test standards of the complex in the constituent entities of the Russian Federation testifies to the formed model of organizational activity and ensuring the process of implementing the GTO complex by testing centers.

The presented proposals for improving the GTO complex are aimed at optimizing state requirements related to the progressive development of standards in accordance with the current level of physical fitness of the population from 6 to 70 years and older and the industry development targets.

**Keywords:** *monitoring, level of physical fitness, those who started, completed, tests of the GTO complex.*

**Introduction.** The revival of the GTO complex and its integration into the domestic system of physical education has created an actual social order for the integration of scientific knowledge. The modern vector of the development of the motor activity of the population involves the formation of knowledge that generalizes the physiological, biomechanical, pedagogical and socio-psychological approaches to the development of state requirements of the VFSK GTO. The normatively approved frequency of improving the state requirements of the GTO complex is determined by: modernization of the state policy in the field of physical culture and sports every four years; the changing level of physical fitness of the population; the accumulated array of scientific data on the

ranges of motor activity and the level of physical fitness [2].

To identify the above factors, the Ministry of Sports of Russia has developed and implemented a nationwide system for monitoring, analyzing, evaluating and predicting the state of physical fitness of the population based on annual monitoring of the 2-GTO, which allows you to receive information in a timely manner for making informed management decisions, to determine stage and long-term measures to prevent and eliminate negative trends, contribute to the development of measures to improve the VFSK GTO. Consolidation of statistical information, methodological and scientific databases formed the basis for the development of the progressive development of the GTO com-



plex for the next four-year period, taking into account the implementation and synchronization of the targets of the national project "Demography" and the federal project "Sport is the norm of life" and further improvement of the system of physical education of the population Russian Federation [1, 4].

**Objective of the study** was to determine the prospects for the development of the VFSK GTO, taking into account the results of monitoring the implementation of the complex in 2018-2021 on the territory of the Russian Federation.

**Methods and structure of the study.** In the course of the study, sources containing information on organizational and managerial, personnel, material and technical activities, physical activity of the population of the Russian Federation were studied during the implementation of the GTO complex, including the number of those who blunted and completed the tests of the complex, the level of physical fitness of the population of the Russian Federation based on testing physical qualities and applied skills in the population from 6 to 70 years and older.

**Results of the study and their discussion.** The ongoing longitudinal study of the population level of development of physical fitness of the population of the Russian Federation showed that from September 1, 2014 to January 1, 2022 (inclusive) 18,201,857 Russians were registered and have personal accounts of participants on the Internet portal of the GTO complex, which out of the total of the population older than 6 years is 12.3%.

Obtained indicators in the period from 2018 to

2021 indicate a positive trend in the number of people who started testing (by 24.2% by 2021), with the exception of 2020, in which epidemiological restrictions were introduced throughout the country. At the same time, the proportion of the population from 6 to 24 years old and from 25 years of age and older who started the tests is in the same range, changing insignificantly, which is presented in Table 1.

The number of those who completed the tests of the GTO complex in this period amounted to about 5 million people (of which, on average, 83.6% of the population is from 6 to 24 years old and 16.4% of the total number of people aged 25 years and older of the total number of people who completed the tests of the complex), increasing to 2021 by 34.9% of the GTO.

There is a positive trend in the number of those who completed the tests for insignia: for gold from 15.9% to 33.4%, for silver - from 17.3% to 34.4%, for bronze - from 15.2% to 32.1%. In 2021, the greatest effectiveness of the implementation of the GTO complex is observed, the activity of the population returned to the pre-pandemic level and exceeded it by 13.6% in people with a high level of physical fitness, by 12.4% with an average level and by 13.5% with a base level corresponding to the bronze badge of the GTO. In 2020, the period of the pandemic, there is a decline in this indicator for all insignia (Table 3) [3].

Quite a lot of activity in fulfilling the regulatory requirements for testing the GTO complex is shown by primary school students from grades I to III (age from 6 to 12 years old), where the majority fulfill the standards for a silver badge (an average of 42.7%). Adoles-

**Table 1.** The total number of the population of the Russian Federation from 6 to 70 years old and older who started testing the GTO complex

Year	Number of people started to the test from I to XI steps	Number of people started to the test from I to VI (1) steps	%	Number of people started to the test from VI (2) to XI steps	%
2018	2050019	1685770	82,2	364247	17,8
2019	2598226	2143595	82,5	454629	17,5
2020	1966578	1539909	79,2	426669	21,7
2021	2704711	2235823	82,7	468891	17,3
Total	9297314	7605097	81,8	1714436	18,4

**Table 2.** The total number of the population of the Russian Federation from 6 to 70 years and older who completed the tests of the GTO complex in the period from 2018 to 2021

Year	Number of people who completed the tests I to XI steps	Number of people who completed the tests from I to VI (1) steps	%	Number of people who completed the tests from VI(2) to XI steps	%
2018	973798	798016	81,9	175794	18,1
2019	1543884	1330427	86,2	213450	13,8
2020	902737	720151	79,8	182580	20,2
2021	1496124	1261637	84,3	234490	15,7
Total	4916543	4110231	83,6	806314	16,4



**Table 3.** The ratio of the effectiveness of the implementation of the standards of the GTO complex by difficulty levels (for gold, silver and bronze badges) by the population of the Russian Federation from 6 to 70 years and older

Year	Number of people who started for the performance of GTO tests (persons)	The number of those who completed the tests of the GTO complex by insignia, % of the total number of those who started testing the GTO (persons /%)					
		Golden badge		Silver badge		Bronze badge	
		Number of completed	%	Number of completed	%	Number of completed	%
2018	2050019	308711	15,1	353728	17,3	311359	15,2
2019	2598226	514832	19,8	544750	21,0	484299	18,6
2020	1944358	319491	16,4	298413	15,3	284827	14,6
2021	2704711	499802	33,4	515494	34,4	480726	32,1

cents aged 16-17 years (stage V) are the largest group that performs tests of the GTO complex for a gold badge (an average of 53.8%). Participants from 18 to 49 years old (VI-VIII stages) show instability - in 2019, the majority fulfilled the standards of the GTO complex for a gold badge 41.4%, in 2018 and 2020. the bronze sign prevailed 35.9 and 37.5%, respectively. In grades IX-XI (ages 50 and older), there is an annual decrease in the number of those who completed the tests for the golden badge of distinction from 46.6 to 38.1% and an increase in the number of participants who received silver and bronze badges of distinction.

Thus, a comparative analysis of data on the implementation of the regulatory and testing part of the VFSK GTO by the population of the Russian Federation from 6 to 70 years and older (stages I-XI) for 2018-2021 showed that children, adolescents and youth up to 24 years old (I-VI (2) stages) make up the bulk of the participants who have fulfilled the state requirements for a badge of distinction (83.6% on average), thereby highlighting work with the adult population as a priority for all participants in the process (public authorities, sports organizations, etc.).

The evidence-based proposals for improving the state requirements of the VFSK GTO were based on the results of many years of scientific research, the results of a survey and questioning of specialists from 72 regions of the Russian Federation, universities subordinate to the Ministry of Sports, experts in the field of physical culture and sports (total 695 people).

Taking into account the need to synchronize with the form of statistical accounting 1- GTO and 2- GTO on citizens of various gender and age groups systematically involved in sports, it is proposed to increase the number of age levels of the GTO complex from 11 to 18: from 6 to 19 years, it is proposed to divide the age levels in the interval of two years; in the adult population (20 years and older) - reduce the step of age steps to 5 years.

Based on the data obtained in the course of monitoring the implementation of the GTO complex, a population study of the physical fitness of the population from 6 to 70 years old, taking into account sensitive periods of development and mathematical modeling, is proposed in the new state requirements of the GTO complex to adjust upwards the standard of the gold sign by 1.5%, silver sign - by 2%, while reducing the standards of the bronze sign by 1.5%, which will contribute to the progressive development of the level of physical fitness of the population and expand the coverage of the population with physical culture and sports services. The reduction of the bronze standard, with their simultaneous balance in terms of the importance of possession, and the possibility of obtaining additional points for the Unified State Examination and other preferences for the adult population, will expand the coverage of the population with the GTO complex, increase the demand for this level of physical fitness for all categories of citizens.

It is necessary to regroup tests in the structure of state requirements for basic physical qualities (speed, flexibility, agility, strength, endurance) and applied skills, more clearly reflecting the principle of harmonious development underlying the GTO complex. The proposed approach reduces the number of tests required to perform from four to six trials.

**Conclusions.** The results of monitoring the implementation of the GTO complex for 2018-2021 show a positive trend in the number of people who started (24.2%) and completed the tests (34.9%), with the exception of 2020, in which there is a decline in all indicators. A two-fold increase in the number of those who completed the tests for insignia in 2021 was revealed, an increase in the number of children aged 6-12 years who completed the tests of the complex was recorded up to 15%, with a clear predominance of adolescents aged 16-17 years (34%) and a steady decrease in the number of adults as aging (up to 3.4% in stage XI).



Analysis of the results of organizational and managerial activities for the preparation and evaluation of compliance with the test standards of the complex in the constituent entities of the Russian Federation testifies to the formed model of organizational activity and ensuring the process of implementing the GTO complex by testing centers.

The presented proposals for improving the GTO complex are aimed at optimizing state requirements related to the progressive development of standards in accordance with the current level of physical fitness of the population from 6 to 70 years and older, and the industry development targets.

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